

DON'T EAT	WITH
Beans	fruit; cheese, eggs, fish, milk, meat, yogurt
Eggs	fruit, especially melons; beans, cheese, fish, kitchari, MILK, meat, yogurt
Fruit	As a rule, with any other food. (There are exceptions, such as certain cooked combinations, as well as dates and milk, which have the same rasa, virya and vipaka.)
Grains	fruit; tapioca
Honey**	With equal GHEE by weight (e.g. 1 tsp. honey with 3 tsp. ghee); boiled or cooked honey.
Hot Drinks	mangos; cheese, fish, meat, starch, yogurt
Lemon	cucumbers, milk, tomatoes, yogurt
Melons	EVERYTHING – especially dairy, eggs, fried food, grains, starches. Melons more than most fruit should be eaten alone or left alone.
Milk	BANANAS, cherries, melons, sour fruits; bread containing yeast, fish, kitchari, meat, yogurt
Nightshades, e.g., potato, tomato	melon; cucumber, dairy products
Radishes	bananas, raisins; milk
Tapioca	fruit, especially banana and mango; beans, raisins, jaggary
Yogurt	fruit; cheese, eggs, fish, hot drinks, meat, MILK, nightshades